



## HIGHLIGHTS OF UPCOMING EVENTS

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- ▶ Have Questions for the Assessor's Department? Meet Lauren Field, Wednesday, November 1, p. 6
- ▶ Free Hearing Clinic. Call the COA to book an appointment, Wednesday, November 1, p. 6
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- ▶ Have lunch with friends for only \$2. Minuteman Senior Services Meal site. Tues. & Thurs., p. 11
- ▶ Are you a Stow Veteran? Upcoming Veterans Events including Breakfast, November 11, p. 3, 5, & 13
- ▶ Shop Local! Unique handmade items. Visit our Gift Shop, all proceeds benefit Stow seniors, p. 15-16

**Don't forget to turn your clocks back an hour, Sunday, November 5th  
COA Offices will be closed Friday, November 10th for Veterans Day,  
and November 23rd & 24th for Thanksgiving.**

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## STOW COUNCIL ON AGING

Pompositticut Community Center • 509 Great Rd. Stow, MA 01775

**Hours: Monday – Friday 8 am – 3:30 pm**

E-mail: [coa@stow-ma.gov](mailto:coa@stow-ma.gov)

**Tel. # 978-897-1880**

Website: [www.stow-ma.gov](http://www.stow-ma.gov)

**Fax # 978-897-0486**

### Council on Aging Staff

Alyson Toole, Executive Director  
 Kathleen Surdan, Outreach Coordinator  
 Margaret Decker, Outreach Worker  
 Gigi Lengieza, Transportation/Volunteer Coordinator and Office Manager  
 Martha Shea, Administrative Assistant  
 Penny Sweeney, Administrative Assistant  
 Dave Ashman, Senior Van Driver/Dispatcher/Coordinator  
 Chris Schuch, PT Van Driver  
 Newton Taylor, On call Van Driver  
 Bob Kitchen, On call Van Driver

### COA BOARD MEMBERS

Jeanne Genereux, Chair  
 William Byron, Vice-Chair  
 Ruth Delmonico, Secretary  
 Charlie Aaronson, Member  
 Al Arthur, Member  
 George Nisotel, Member  
 Kathy O'Brien, Member  
 Brian Burke, Associate  
 Rep. Kate Hogan, Associate  
 June Thall, Associate

**COA Board Meets Monthly**  
**(2nd Thursday at 10 am at Pompo)**

### Mission Statement

*The Town of Stow Council on Aging is here to provide support to those age 60 and older by being a resource of information on elder affairs, providing social activities, outreach services, and helping people remain in their homes as long as safely possible.*

### SUGGESTIONS WELCOME!

There is a suggestion box in the lobby of the Pompositticut Community Center. Or email Gigi at [COAAdminAsst@Stow-MA.gov](mailto:COAAdminAsst@Stow-MA.gov)

### BECOME A COA VOLUNTEER!

Do you have some time to spare? Volunteers are needed in many different areas. Contact Gigi, Volunteer Coordinator, at [COAAdminAsst@Stow-MA.gov](mailto:COAAdminAsst@Stow-MA.gov).

## VOLUNTEER



### Transportation Services

Our complete Transportation Policy is available on our website. **All transportation reservations must be made by calling the COA between 8 am and NOON Monday through Friday (excluding holidays).**

#### FOR COA VAN RIDES

- Requests must be made no later than 12 pm the business day before.
- Pick-ups start at 8:30 am, with the last ride no later than 2:30 pm weekdays.
- Our service area (originating or departing from Stow) is Acton, Bolton, Boxboro, Harvard, Hudson, and Maynard. Transportation for medical appointments is provided to Concord, Marlboro and Sudbury.
- Fares: Stow: \$2; Out-of-Stow: \$3; Meal site, Food Pantry, COA Office: free.

#### FOR OTHER TRANSPORTATION RIDES

- *Volunteer drivers* may be used for **medical appointments** outside of service area/business hours. **Advanced notice of one week minimum required!**
- “Go Stow” grant program rides are available for eligible residents to **medical appointments** outside of service area/business hours. Some restrictions apply. **Reservations must be made 48 hours in advance.**

## 2023-24 FUEL ASSISTANCE

If you had SMOC Fuel Assistance last year and need assistance completing the recertification or if you are a new applicant, please make an appointment with Kathleen Surdan, Outreach Coordinator.

## OUTREACH

Information and referrals, home care options, advocacy, food resources, fuel assistance, technology support, and much more! Call the COA at (978) 897-1880 and ask to speak with Outreach staff to book your appointment.

## DONATIONS

As a service to our senior residents, the COA accepts donations such as clothing, durable medical equipment, books, gently used items and more. Arrangements must be made by calling the COA before bringing the items. Donations should be in good useable condition and if possible, sorted by like items. Please contact Gigi at [coaadminasst@stow-ma.gov](mailto:coaadminasst@stow-ma.gov) or see our website for more information.

## DURABLE MEDICAL EQUIPMENT

We have a variety of gently used equipment available to Stow residents on a first come, first served basis. Our inventory varies, but typically includes walkers, canes, wheelchairs, shower chairs and commodes. To borrow items (for short-term use only), please call the COA at (978-897-1880) to make arrangements.

## DID YOU KNOW?

The COA has a small library of books, movies and puzzles available to loan. We also have a library of DVD's of recorded select COA talks and events taped by Stow TV. If you missed it here live at the COA, or on Stow TV, you can borrow the DVD and watch it at home at your own convenience. Stop in or contact Outreach if you need assistance.

## NOTARY SERVICE AVAILABLE

Stow seniors only. Please call the COA Outreach to arrange an appointment.

## TECHNOLOGY ASSISTANCE

Is new technology driving you crazy? Want some help? The COA is here for you! Call the COA to be connected with a technology volunteer. We also offer in-person assistance by appointment every **Wednesday** morning. **NOTE – new day**

## CEMETERY & BURIAL CONCERNS?

Robb "GH" Gledhill, Cemetery Supervisor, is available to answer your cemetery and burial questions every third Wednesday of the month (November 15). Call the COA to book a private half-hour consultation. Appointments start at 10 am.

## COMMUNITY SERVICES COORDINATOR

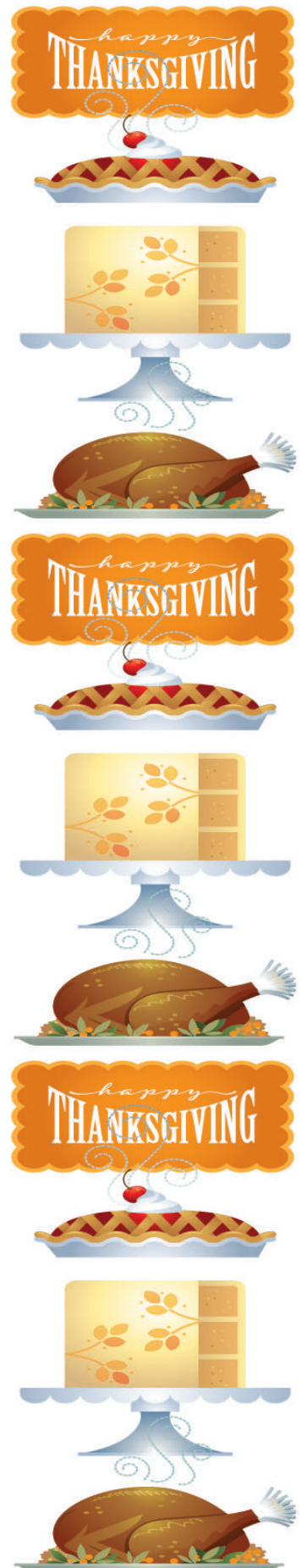
Brian O'Sullivan, LICSW, is available to provide information and make referrals to various programs and agencies for residents of all ages. Call 978-897-2638 or email [townsocialworker@stow-ma.gov](mailto:townsocialworker@stow-ma.gov).

## TOWN NURSE

Tamara Bedard, RN from Nashoba Associated Boards of Health is available Monday through Friday 8:30-4:30 by phone at 978-772-3335 X340.

## VETERANS' AGENT

Joe Jacobs is at Pompositticut Community Center every Tues. 9-11. Call him at 978-290-0278 or email [veteransofficer@Stow-MA.gov](mailto:veteransofficer@Stow-MA.gov). You can also meet Joe in a group setting at the Veterans Social on the 3rd Tues. of every month at 10 am.







## MEDICARE OPEN ENROLLMENT NOW UNTIL DEC 7TH

There's still time to compare your Medicare supplement insurance and prescription drug coverage, cost, benefits with the help from a state certified Minuteman Senior Services SHINE counselor. To book an appointment, call COA 978-897-1880 or Minuteman Senior Services, SHINE at 781-221-7029. Please bring along your Medicare card, supplement insurance card, MyMedicare login, and list of medications/dosages to your appointment. If you haven't created a MyMedicare account you can visit [www.Medicare.gov](http://www.Medicare.gov) or create one with the help from SHINE. SHINE counselors can enter your medications and dosage into the Medicare Planfinder and find the best cost Part D plan. SHINE can also provide information regarding Prescription Advantage for anyone who enters the coverage gap or "donut hole" and share other pharmacy resources like Needy Meds and coupon savings programs.

## MONTHLY SHINE QUESTION

By: Michael Matatia, SHINE Counselor

**Question:** I am overwhelmed! My mailbox is full of healthcare offers, and when I turn on the TV, I see so many advertisements. What should I do during the open enrollment period we are now in?

**Answer:** If it makes you feel any better, many feel the way you do. Decision-making during open enrollment can be overwhelming. Just take the following steps to evaluate if you should stay with your current provider or change:

1. Review your current coverage. Make a list of your benefits: prescription drug coverage, dental coverage, and vision coverage. Also make a list of any copays, deductibles, or other out-of-pocket costs you had this past year.

2. Compare your current coverage to other plans. When you find some possible suitable plans, consider:

- Cost: How much will your new plan cost? Compare premiums, deductibles, copays, and other out-of-pocket costs.
- Benefits: What benefits does your new plan offer? Make sure the plan covers the services you need, such as prescription drugs, dental care, and vision care.
- Network: Does your new plan have a network of providers that you use? You can use [Medicare.gov's](http://www.Medicare.gov) Plan Finder tool to see which providers are in each plan's network.
- Customer service: How is the customer service of your new plan? Try calling the customer support number to see how long it takes to get through.
- Read reviews (realize they are customers' opinions, but you can often see a common discussion thread that points to a plan's strength or weakness). Look at what the Medicare Star rating is for the plan you are considering.

3. Think about your health needs and what kind of coverage you need. For example, if you have a chronic health condition, you may need a plan that offers more generous coverage for prescription drugs.

4. Make a decision. Once you've compared your options and considered your needs, you can decide whether to change your policy.

Still need help? Call Medicare with your questions or call the Stow COA to arrange an appointment with the SHINE counselor.

## GUIDELINES FOR COA ACTIVITIES

- ▶ Pre-registration required. No drop-ins. Attendance is limited.
- ▶ Sign-up for the events below starting on the 15th of the month for the following month online at <https://myactivecenter.com>, in person or by calling the COA at (978) 897-1880..
- ▶ All activities with a fee must be paid for in advance.
- ▶ Stow residents only for in-person classes. Non-Stow residents virtual if space.



## GAMES

If you want to play at another time, call to make arrangements.

- **Bridge** - Mondays, 1 pm
- **Poker Games** - Tuesdays, 1 pm
- **NEW Ping Pong** - Tues and Thurs, 1:30 pm
- **Chess** - Wednesdays, 1 pm
- **Scrabble** - Thursdays, 10:30 am
- **Pool/Billiards** - Thursdays, 1 pm
- **Mahjong** - Fridays, 1 pm

## EXERCISE

- Qi Gong:** *In-Person & Via Zoom!* FREE. Instructor: Carolyn McDonald. Mondays 8:50 am.
- Senior Fitness:** *In-Person only!* CLASS FEE: \$3, Instructor: Terri Zaborowski. Mon., Wed., Fri., 10 am.
- Stretch & Flex:** *In-Person only!* CLASS FEE: \$3, Instructor Terri Zaborowski. Mon., Wed., Fri., 11:15 am.
- Yoga:** *In-Person & Via Zoom!* CLASS FEE: \$3, Instructor: Terry Kessel Myers Coney. Fri. 9 am.

## CREATIVITY

- Art (Open Studio):** Mondays, 9:30 - 12 Noon. Want to create in a supportive fun environment? Bring your medium of choice to paint, sketch, charcoal, pastel.
- Knitting and more:** Mondays, 1 - 3 pm, Knitters, needle pointers, crocheters, embroiderers are welcome.
- Quilting:** Tuesdays, 9 - 12 Noon. All levels welcome.
- Projects For Purpose:** Wednesdays, 9 - 12 Noon. Love to sew? Contact Rita at 617-880-9545 for more information.
- SFCOA Creators Collaborative:** Thursdays, 10 - 12 Noon. Come! Collaborate! Create!

## RECURRING GROUPS

- Men's Discussion Group** - 1st Thursday of the month at 10 am.
- Veterans Social** - 3rd Tuesday of the month at 10 am.
- Genealogy** - 4th Tuesday of the month at 1 pm.



## EVENTS/TRIPS POLICY

Sign up opens the 1st of every month! If you plan to attend an event at the COA, you must:

- Pre-register at <https://myactivecenter.com/>, in-person or call (978) 897-1880 by the deadline.
- If you need a ride from your home to the COA, you must book it at least 24 hrs. in advance!
- If there is a cost, payment must be made within 48 hours of registering for the event but no later than the deadline.
- We must have a minimum of 5 (five) attendees for an event and 7 (seven) paid attendees for a field trip, or the event will be cancelled.
- If you cancel, your money will NOT be returned unless we can fill your seat.
- If you are paying by check, please make checks payable to: SFCOA.
- For trips we meet at the Pompositticut Community Center. Please park in the row closest to Rt.117.
- Stow residents only.
- Don't forget to bring your File of Life.

## DISCUSSIONS WITH DENISE

**Day & Time:** Wednesday, Nov. 1, 9:30-11 am

Denise Demboski, Town Administrator, will be available to answer questions and listen to your comments/suggestions. Stop by for an open discussion (9:30-11 am) or to speak with her privately (10-minute appointments scheduled between 11-11:30 am).

## MEET THE DEPARTMENT ASSISTANT ASSESSOR LAUREN FIELD

**Day & Time:** Wednesday, Nov. 1, 9:30-11 am

Are you a Stow homeowner with questions about real estate taxes? Do you want to understand the upcoming increases in assessments and find out if you qualify for tax relief in the form of an abatement? Come meet Lauren who will explain how all this works and answer your questions.

## HEARING CLINIC

**Day & Time:** Wednesday, Nov. 1, 9:30

Michael Drennan, Board Certified specialist from Roger's Hearing Solutions provides hearing evaluations by appointment. Call the COA.

## BLOOD PRESSURE CLINIC

**Day & Time:** Wed., Nov. 1, 10 am - 12 pm

A nurse from Nashoba Associated Boards of Health will be available to take your blood pressure and answer questions. Please just drop in (**new policy**). We are no longer booking appointments.



## PING PONG

**Day & Time:** Tuesdays & Thursdays, 1:30 pm

**Cost:** FREE **Sign up by:** ongoing **Limit:** 8

Come out for an afternoon of fun playing ping pong. This group accepts all levels of players! The rules are simple, and basic play is not difficult to learn. Players of all abilities can get good exercise and socialize. Give it a try!

## STOW ACRES DISCUSSION

**Day & Time:** Thursday, November 2, 1 pm

Curious about the Stow Acres property purchased by the Town and how it is going to be used? This will be your opportunity to learn more about Stow Acres and provide feedback to the project team. Help shape our master plan.

## GROTON HILL CONCERT

**Day & Time:** Wednesday, November 8, 11 am

**Cost:** \$4 **Sign up by:** 11/3 (early ok) **Limit:** 14

Come and enjoy the beautiful concert hall as you listen to classical string quartets by Haydn, Beethoven, and Dvorak.

## LUNCH BUNCH

**Welly's, Marlborough**

**Day & Time:** Monday, Nov. 13, 11:30 am

**Cost:** \$3, BRING CASH FOR LUNCH

**Sign up by:** 11/8 **Limit:** 14

Come and enjoy lunch at the original Welly's. Enjoy choosing from their extensive menu. Select between light bites, sandwiches, and full meals. Old favorites and new tastes.



## CONSERVATION WALK

### Community Gardens Blue Loop Trail

**Day & Time:** Tuesday, November 14, 10 am

**Cost:** FREE **Sign up by:** 11/9 **Limit:** 20

Jacque Goring from the Conservation Department will lead an exploration of the **new** blue loop trail behind Stow Community Gardens, including a new 400' long boardwalk that connects Stow Community Gardens to Red Acre Woodlands. The walk will be 1 to 2 miles based on the group's interest (we could extend the 1-mile loop further), easy pace with a few hills. Park and meet at the Stow Community Gardens on Tuttle Lane.



## FRIENDSGIVING

### Traditional Turkey Dinner

**Day & Time:** Wednesday, Nov. 15, 12:30 pm

**Cost:** \$15 **Sign up by:** 11/7 **Limit:** 30

Join old friends and meet new friends while you enjoy the no-work, no fuss, and no muss delicious food along with great company.

## BREAKFAST CLUB

### Karyn's Kitchen, Ayer

**Day & Time:** Friday, Nov. 17, 8:30 am

**Cost:** \$4, bring cash for breakfast

**Sign up by:** 11/14 **Limit:** 14

Karyn's is the prototypical small-town diner. It's a fine breakfast/lunch location. Eggs, omelets, waffles, pancakes, burgers, and more!

## GENEALOGY

**Day & Time:** Tuesday, November 28, 1 pm

**Cost:** FREE **Sign up by:** 11/22 **Limit:** 15

Let's learn how to find that elusive maiden name plus answer the most commonly asked genealogy questions. This will be an interactive discussion.



## MONTHLY MOVIE MATINEE

### A Christmas Story

**Day & Time:** Thursday, November 30, 1 pm

**Cost:** Free **Sign up by:** 11/27 **Limit:** 20

**Rating:** G **Year:** 1983 **Length:** 94 minutes

**Genre:** Comedy/Family

Come and remember how Christmas used to be as you join Ralphie in his quest for the perfect gift of a Red Ryder BB rifle.

## GRIEF AND HEALING DROP-IN SUPPORT GROUP

**Day & Time:** Thursday, November 30, 2 pm

**Cost:** Free **Sign up by:** 11/28 **Limit:** None

The Nashoba Associated Boards of Health is sponsoring a drop-in Grief & Healing Support Group for Stow seniors. Facilitated by grief counselor Karen Campbell, this group offers a safe space to share experiences of the grief journey. The Grief & Healing Support Group honors all types of grief, including grief due to loss, change and transitions. This group is an opportunity to learn more about the grief process and strategies for managing grief. Confidentiality is respected and honored. In recognition that grief has no time frame, those who grieve are welcomed at any time in their journey. No one is required to commit to consistent attendance. (For more information, or to be put in touch with Karen, please contact the COA Outreach staff.)

## LOOKING FOR IDEAS!

Is there some place you'd like to go? Don't see it offered as a COA field trip? Don't fret! You can make it happen. Brainstorm with your Stow friends and neighbors to come up with a place of interest. Contact the Outreach staff, and together we can plan a field trip. Field trips require a minimum of 7 Stow residents to be signed up.



## THIS MONTH'S GUEST INTERVIEW: Nancy Shepherd

### Where did you grow up? How did you meet your husband?

I grew up in Washington DC. Tom did too, but we didn't know each other. The year I was a freshman in college my friends had coming out parties. Tom was at one with someone who is still a good friend of mine. He looked across the room, saw me and asked, "Who's that?" My friend said, "That's Nancy Hamilton." He asked to be introduced. Later he asked me to dance. He went home and told his mother he had met the girl he was going to marry. I didn't know that right away, but luckily, he did. Tom was at Washington and Lee in Virginia, and I was at Middlebury in Vermont, so we were a long ways away from one another. We were married in 1953. I'm an only child. Tom had a brother and two sisters. I was always envious of that. I wanted to have a big family...and we did!

### How long have you lived in Stow?

We moved here with our four small children, three girls and a boy, in 1964. We came from western New York when Tom had a business move. We wanted a place where we could have horses. That was one of the things that attracted us, that, and the fact that there was land. This house was built in 1690. Eventually our children all rode.

### Tell me about raising your family.

I stayed home with my kids. I was also active in my church, Good Shepherd in Acton, where I helped with the youth group. In Stow I was a Girl Scout leader. As a family we hiked on the Long Trail in Vermont and eventually covered the entire 255 miles. When our youngest, Nate, was in 7th or 8th grade Tom got sent to Montreal for business. Our two oldest, Katie and Ruth, were in college. We took Nate with us and Lisa, who was a senior at Nashoba, stayed with my mother who had moved to Stow. During that whole process I began to feel a calling to be an Episcopal priest. That was when women in the Episcopal church were first being accepted as priests. We were in Montreal for about two and a half years and then Tom was sent back out to western New York. There was a seminary in Rochester. I was accepted there. I was in my late 40s and I figured I should do it full time. I liked the school. I liked what I was learning. The year I was set to graduate, Sylvania decided to close their business in Batavia and move down to Tennessee. We decided not to go. We still owned this house, and my mother was down the street. Tom got a job in the Boston area, and we moved back. That was in 1981. I was ordained and then found a little church out in Shirley, Trinity Chapel. It's a nice town. They had a lot of music, and I liked the people. I was there 22 years! I am still there. I had to retire. I think of myself as a lay member of the church with a priestly background.

### It sounds like you are keeping busy!

Here I am living by myself with my cat at the age of 92. I am in pretty good health. I drive, even at night. I go to services on the weekends. I go to choir practice on Wednesday nights, and I do pastoral care. I have my church community and lots of friends in Stow. I just went to my 70th reunion of graduating from Middlebury.

### When were you widowed?

Tom died in 2016. Once he got sick, he wasn't around very long. For his sake I am grateful for that. We had a great marriage, a good life...but I wouldn't have minded if it were longer.

### Where are your kids? Do you see them often?

Katie and Ruth are up in Vermont. I get to see them two or three times a year. I go up for Thanksgiving. Lisa lives around the corner, which is nice. Christmas I'm usually here doing something with Lisa's family. My son Nate is in Newburyport. I have eleven grandchildren and four great granddaughters.

### Advice to other seniors?

It's wonderful to enjoy doing things together, and it's also wonderful to enjoy doing things on your own. To have things where you feel you're leading a positive existence, to have friends, that's what's important.



## November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 8:00 Technology Assistance 9:00 Projects for Purpose 9:30 Discussions with Denise 9:30 Hearing Clinic 9:30 Meet the Department 10:00 Blood Pressure Clinic 10:00 Senior Fitness 11:15 Stretch & Flex	<b>2</b> 10:00 Men's Discussion Group 10:00 SFCOA Creators Collaborative 10:30 Scrabble 12:00 Meal Site 1:00 Stow Acres Discussion 1:30 Ping Pong	<b>3</b> 9:00 Yoga 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Mahjong
<b>6</b> 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 1:00 Bridge 1:00 Knitting and More	<b>7</b> 9:00 Quilting 10:00 SFCOA Board Meeting 12:00 Meal Site 1:00 Poker 1:30 Ping Pong	<b>8</b> 8:00 Technology Assistance 9:00 Projects for Purpose 10:00 Senior Fitness 11:00 Groton Hill Concert 11:15 Stretch & Flex	<b>9</b> 10:00 Board Meeting 10:00 SFCOA Creators Collaborative 10:30 Scrabble 12:00 Meal Site 1:30 Ping Pong	<b>10</b> Closed in observance of Veterans Day
<b>13</b> 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 11:30 Lunch Bunch 1:00 Bridge 1:00 Knitting and More	<b>14</b> 9:00 Quilting 10:00 Conservation Walk 12:00 Meal Site 1:00 Poker 1:30 Ping Pong	<b>15</b> 8:00 Technology Assistance 9:00 Projects for Purpose 10:00 Cemetery 10:00 Senior Fitness 11:15 Stretch & Flex 12:30 Friendsgiving	<b>16</b> 10:00 NO SFCOA Creators Group 10:30 Scrabble 12:00 Meal Site 1:30 Ping Pong	<b>17</b> 8:30 The Breakfast Club 8:50 Yoga 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 "Chinese" Mahjong
<b>20</b> 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 1:00 Bridge 1:00 Knitting and More	<b>21</b> 9:00 Quilting 10:00 Veterans Social 12:00 Meal Site 1:00 Poker 1:30 Ping Pong	<b>22</b> 8:00 Technology Assistance 9:00 Projects for Purpose 10:00 Senior Fitness 11:15 Stretch & Flex	<b>23</b> Closed for Thanksgiving	<b>24</b> Closed for Thanksgiving
<b>27</b> 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 1:00 Bridge 1:00 Knitting and More	<b>28</b> 9:00 Quilting 12:00 Meal Site 1:00 Genealogy 1:00 Poker 1:30 Ping Pong	<b>29</b> 8:00 Technology Assistance 9:00 Projects for Purpose 10:00 Senior Fitness 11:15 Stretch & Flex	<b>30</b> 10:00 SFCOA Creators Collaborative 10:30 Scrabble 12:00 Meal Site 1:00 Monthly Movie 1:30 Ping Pong 2:00 Grief and Healing Group	

## COA FREE FOOD PROGRAM FOR STOW RESIDENTS

Stow residents must call the COA at (978) 897-1880 between **9 - 10 am** Monday through Friday to schedule same day appointments between **10:10 - 10:50 am**. **Only 1 BAG PER PERSON** during appointment times. No appointments necessary from **11 am - 3:30 pm**. Don't come late on Fridays as all perishables are packed up and given away by 3 pm. Note: The COA Food Program will be opening at 12 noon on Friday, November 17.

## NEED HELP? THE STOW FOOD PANTRY IS HERE FOR YOU!

The next Stow Food Pantry is on Saturday, November 11, Sunday, November 12, and Friday, November 17 from 9 am - 12 pm, by appointment only. *No referrals required. No financial questions asked.* If you are unable to make it to the Pantry, please contact them and they can work something out. If you need help, please call 978-897-4230 or email: [stowfoodp@gmail.com](mailto:stowfoodp@gmail.com).

## ACTION FOOD PANTRY

The Acton Food Pantry serves Stow and is open 3 weeks/month. They are located at 235 Summer Road, #205, Boxborough, Phone: (978) 635-9295.

## OPEN TABLE, Maynard

Need food assistance? Open Table in Maynard offers drive-thru pantry service. To find out more about its current services, visit [www.opentable.org](http://www.opentable.org) or call (978) 369-2275.

## GUEST TABLE COMMUNITY SUPPER AT FIRST PARISH CHURCH

Offered on Friday, November 10th (the second Friday of each month) from 5 - 6:30 pm. All are welcome. There's no charge for dinner, but donations are gratefully accepted, and volunteers are greatly appreciated. Dinners will be nut free, with vegetarian, gluten-free, and dairy-free options available. Doors open at 5 pm and dinner is served at 5:30 pm.

## RECIPE OF THE MONTH: APPLE PIE TARTLETS

A small treat for a quick dessert, snack, or party.

### Filling:

- 1 cup finely chopped peeled apple
- ¼ cup lemon curd
- 2 pkg. (1.9 oz. each) frozen miniature phyllo tart shells

### Topping:

- ½ cup all-purpose flour
- 3 Tbsp. sugar
- ½ tsp. ground cinnamon
- ¼ cup cold butter

### Instructions:

In a small bowl, combine chopped apples and lemon curd, mixing until apples are coated with curd. Spoon into tart shells. In another bowl, combine flour, sugar, and cinnamon; cut in butter until mixture resembles fine crumbs. Holding filled tartlets over topping bowl, spoon over apple mixture in tartlets. Place on an ungreased baking sheet. Bake at 350 degrees for 18-20 minutes. Dust with confectioners' sugar if desired. Serve tartlets warm or at room temperature. Refrigerate any leftovers. Makes 2 ½ dozen (This recipe is easy to cut in half).



## MINUTEMAN SENIOR SERVICES MEAL SITE MENU

### The Silver Spoon - Stow's Eating Together Luncheon Site

Come join your neighbors for lunch and socialization on Tuesdays and Thursdays at 12:00 pm at the COA (Pompositticut Community Center, 509 Great Road, Stow). **Please call 781-221-7048 to order your meal.** Your order must be made by 12 pm on Thursday for Tuesday's lunch and 12 pm on Tuesday for Thursday's lunch. The suggested donation is \$2 for a complete meal. Need a ride? Call the COA by noon the day before to book your ride to/from the meal site. (There is no charge.) Don't have time to stay? Order a "Grab & Go" meal.

## MEALS ON WHEELS

Are you unable to drive & cook or have you had a recent health setback? You may be eligible for home-delivered meals. Call Minuteman Senior Services (888-222-6171) to set it up.

### Tuesday Menu

#### November 7

Apricot Chicken  
Orzo  
Peas  
White Bread  
Yogurt, Juice

#### November 14

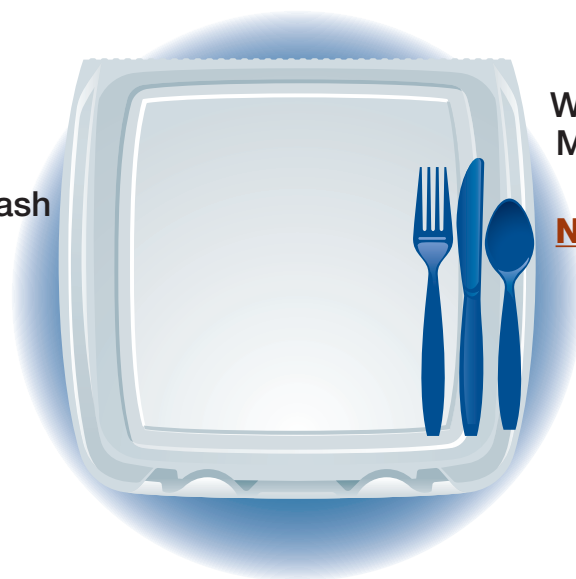
Rigatoni Marinara  
Zucchini & Summer Squash  
Oat Bread  
Mandarins

#### November 21

Rosemary Salmon  
Potatoes O'Brien  
Beets  
Dinner Roll  
Cookie

#### November 28

Meatloaf with Gravy  
Mashed Potatoes  
Roasted Root Veggies  
White Bread  
Mixed Fruit



### Thursday menu

#### November 2

Pasta Fagioli, Cauliflower  
Whole Wheat Roll  
Applesauce

#### November 9

Fish Sandwich on  
Whole Wheat Burger Bun  
Mashed Potatoes, Beets  
Cookie

#### November 16 - Special

Turkey with Gravy  
Stuffing  
Whipped Potatoes  
Butternut Squash  
Assorted Pies

#### November 23

**Thanksgiving Day  
No Meals Served**

#### November 30

Frittata  
Roasted Potatoes  
Garden Salad, Onion Roll  
Warm Berries





## STOW BOARD OF HEALTH - COMMUNITY HEALTH EQUITY SURVEY

Participation requested! We need to hear from you! This is an online anonymous survey. Anyone age 14 and over who lives in Massachusetts can take this. This survey asks about things that impact your health. To access the survey, please go to: <https://www.mass.gov/info-details/take-the-community-health-equity-survey>. Thank you for your important role in raising the voices of our community members!

## RANDALL LIBRARY NEWS!

The Library has moved temporarily! They will be closed while they pack up their collection and move to their temporary location, which is the lower level of the Town Building at 380 Great Road (accessible at the back of the building). They will be there for the duration of the renovations. Please come visit the library at their new location!

Library hours: Tuesday & Wednesday 9 am-8 pm, Thursday 9 am-5 pm, Friday & Saturday 9 am-2 pm

Contact the Library for more information at [randalllibrary@gmail.com](mailto:randalllibrary@gmail.com) or (978) 897-8572.

## NEWS FROM STOW CONSERVATION & RECREATION DEPARTMENT

COME PLAY AT STOW ACRES! Fall Festival on October 29th, from 1 – 4 pm at Stow Acres North Course. Information Tables, Walks, Tours, Games & Face Painting, Costume Prizes, Apple Treats. Help shape our master plan and more. Please park at 58 Randall Road. More info go to: [www.stow-ma.gov](http://www.stow-ma.gov).

## COA EMAIL SCAM STORY AND ALERT - From COA Director Alyson Toole

I'm sure most of you heard the news that the Town COA email account was hacked. On the Monday Columbus/Indigenous Peoples Day Holiday, thousands of emails were sent out to COA contacts from the [COA@stow-ma.gov](mailto:COA@stow-ma.gov) email address stating that Alyson Toole was attempting to send a secure message. The message looked official, but it was a phishing scam and should have not been opened and just deleted.

How can we learn from this.

1. Never open an attachment, no matter how legit it looks. Contact the sender to confirm either in person or via telephone using contact info that you know is real. Do not use the information in the email that they provided.
2. Take your mouse and hover over the from email address to see if the email address displayed matches the actual email address. Mobile device users may need to tap on an arrow next to the sender's name or on the name itself in the header. For example, Gmail places this arrow next to the "to me" text.
3. If you click on the attachments and/or links it can install harmful malware on your computer.



Alyson Toole

Town of Stow Massachusetts 10/09/2023



From [coa@stow-ma.gov](mailto:coa@stow-ma.gov)

To <no recipients>

Today at 8:08 AM

This message was sent securely using Zix®

Alyson Toole is attempting to send a secure message to you which may be used only by the person or entity to which it is addressed.

Yes, View Message

No, Don't View Message

This message was secured by Zix®.

## EVENTS AT FIRST PARISH CHURCH

**Sunday Services at 10 am:** For more information about these services, or to download the Order of Service, visit [www.fpc-stow-acton.org/services](http://www.fpc-stow-acton.org/services).

**Polarized Guru Concert**, Saturday, Nov. 11: FPC's New Revival Coffeehouse. The Nifong Brothers will open with a short set. Polarized Guru presents a mix of jazz, funk, Latin, and other styles. Tickets are \$17 in advance at [tinyurl.com/PGConcert](http://tinyurl.com/PGConcert) and \$20 at the door. Doors open at 7 pm and the concert begins at 7:30 pm. Masks are optional. For questions call 978-274-2593 or email [coffeehouse@fpc-stow-acton.org](mailto:coffeehouse@fpc-stow-acton.org).

## STOW SCOUT HOLIDAY WREATH SALE

The holidays are coming, and they'll be here before you know it! In the spirit of being prepared, Troop 1 Stow Scouts will be running their annual wreath sale from now through **Wednesday, November 8th**. The proceeds help Stow continue one of its finest youth programs (111th year for Troop 1 Stow!), and are used for equipment purchases, camping trips and the many troop activities. The holiday wreaths are beautiful natural evergreens, all with a red bow and available in 2 sizes:

- Standard wreaths (fits standard size door), undecorated (\$21), or decorated (\$25)
- Large (40" outside diameter), undecorated (\$60)
- Sponsor a veteran cemetery wreath (\$17) to be placed in the stow cemeteries by volunteers

The scouts will **NOT** be going door to door so order **NOW** and your wreath will be **DELIVERED** right to your home! You can order your wreaths online at [www.troop1stow.net](http://www.troop1stow.net) or by mail: print out an order form or send in order form from flyer that was mailed and send check payable to Troop 1 Stow, PO Box 75, Stow, MA 01775. Your wreaths will start to be delivered during the Thanksgiving week. If you have any questions, please contact us by phone at 978-212-9175 or by email at [wreath@troop1stow.net](mailto:wreath@troop1stow.net).

## VETERANS DAY BREAKFAST – Saturday, November 11th, 8 am

The Rotary Club of Nashoba Valley, in conjunction with the Stow Fire Department, will be hosting an in-person, sit-down breakfast (provided by Pleasant Cafe of Maynard) to thank and honor our Stow Veterans at Pompositticut Community Center. Please RSVP to Catherine Hammill at 617-872-4972 or email at [info@NashobaRotary.org](mailto:info@NashobaRotary.org) and for more information or with any questions.

## HARVARD LIONS CLUB CITRUS SALE

Great gift idea or treat your family to fruit while at the same time benefiting Lion's charities and families in need! Available in 20 lb. boxes for \$35. You can preorder ONLINE NOW and have delivered to your home. Boxes will also be sold on a "cash and carry" basis at the Harvard Town Center on weekends **starting November 18**. Also, mail-order gift boxes with fruit, nuts, candy, soup, and cake mixes are available from \$20 to \$45 and ship anywhere in the continental US. To order online or more information go to [www.harvardlions.com](http://www.harvardlions.com). Any questions please email [harvardlionsfruitsale@gmail.com](mailto:harvardlionsfruitsale@gmail.com).

## SOUNDS OF STOW CHORUS & ORCHESTRA FALL CONCERT

**Sunday, November 19, 2 pm at the Littleton High School, 56 King St.**

They will perform the area premiere of Christopher Tin's important new work, "The Lost Birds: An Extinction Elegy." Also, the orchestra visits the musical canon that are inspired by birds, including Vivaldi's Flute Concerto "The Goldfinch," Saint-Saëns' "The Swan" arranged for harp and cello, Margaret Lowe's "Dawn Carol" for flute ensemble, and R.V. Williams' "The Lark Ascending."

Sounds of Stow is partnering with the Mass Audubon Society to highlight the importance of conservation as bird populations are declining across North America. Joan Walsh, chair of natural history and field ornithology at the Mass Audubon Society, will give a short talk at the beginning of the concert. For further information and tickets, please visit [www.soundsofstow.org](http://www.soundsofstow.org) or email [info@soundsofstow.org](mailto:info@soundsofstow.org).

**PLEASE NOTE NEW DATE!!**

**December Newsletter - Deadline to submit: Monday, November 6th by 3 pm**

This newsletter is made possible in conjunction with the COA staff, volunteers, Advertisers, and a grant from the Mass. EOE.



## Legislature Passes Comprehensive Tax Relief

With the goal of providing financial relief to families across the Commonwealth and making Massachusetts more competitive with other states, the Massachusetts Legislature passed a bipartisan tax relief package that supports residents across all income levels this fall.

Here are some of the ways it will impact seniors in our Commonwealth:

**Senior Circuit Breaker Tax Credit:** Massachusetts residents aged 65 who qualify for the senior circuit breaker tax credit will see this benefit double from \$1,200 to up to \$2,400 per year. This change is expected to impact over 100,000 seniors across Massachusetts.

**Estate Tax:** The estate tax is eliminated for all estates under \$2 million. The estate tax is lowered for estates valued at more than \$2 million with a uniform credit of \$99,600. The changes made in this bill update the tax to bring it more in line with other states and eliminate punitive elements of the tax for those with incomes just high enough to trigger it.

**Title V Cesspool and Septic System Tax Credit:** The maximum tax credit for Title V cesspool or septic system users will triple to \$18,000 and the amount claimable will increase to \$4,000 per year, easing the burden on homeowners facing the high cost of septic tank replacement or repair. About one third of homes in Massachusetts use a septic system.

**Earned Income Tax Credit:** an increase in MA's earned income tax credit could mean an additional savings of \$56 - \$600+ per year for 400,000 taxpayers in the state who earn less than \$57,000 per year.

**Low-Income Housing Tax Credit:** The annual authorization cap for building affordable housing in the Commonwealth is increased from \$40 million to \$60 million, providing enough funding to spur the creation of thousands of new units of affordable housing annually while also bolstering economic development.

**Rental Deduction Cap:** Massachusetts renters can now deduct up to \$4,000 of their rent from taxes each year – an increase of \$1,000 from the previous cap. This is expected to impact about 800,000 Massachusetts taxpayers.

**Senior Property Tax Volunteer Program:** Municipalities that have volunteer work programs for seniors to reduce their property tax can now offer write-offs of up to \$500 more.

I'm proud of this significant effort in tax reform that will offer relief to folks who are struggling with rising costs. If you have any questions or would like more information, please contact my office.

I also want to offer a sincere Thank You to all of our Veterans this Veterans Day and every day. We are grateful for your service!

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**Contact Rep. Hogan:** State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow. Reach Rep. Hogan by phone at (617) 722-2600 or email at [Kate.Hogan@MAhouse.gov](mailto:Kate.Hogan@MAhouse.gov). Find her online at [www.repkehogan.com](http://www.repkehogan.com) and [@RepKateHogan](https://www.facebook.com/RepKateHogan) on Facebook and Twitter.

**Upcoming (Virtual) Office Hours: November 9, 6-7 pm. Please call or email my office by 5 pm on November 8th to reserve a time slot.**



**SAVE THE DATE!**  
**UPCOMING SFCOA FUNDRAISER EVENT!**  
**SECOND CHANCE HOLIDAY DECORATION SALE**

**Saturday, December 2, 10 am – 3 pm**

Pompositticut Community Center (509 Great Road, Stow)

Shop for holiday items, new or used, at very reduced prices! Try your chance at a raffle! Purchase homemade baked goods for your holiday table.

**SFCOA QUILT RAFFLE**



Feeling lucky? Take a chance and purchase raffle tickets for a beautiful handmade quilt. This quilt, which measures 68" x 81 ½" was made by the Stow Quilters. Tickets are 1 for \$3, 3 for \$5 or 5 for \$10. Tickets can be purchased at the Stow COA (509 Great Road), Monday through Friday from 8:00 am to 3:00 pm or by mail to Stow Friends of Council on Aging (SFCOA), Attention Karen Kelleher, P. O. Box 97, Stow, MA 01775. Cash or check made payable to SFCOA only. The drawing will be made at the SFCOA Second Chance Sale on December 2, 2023. The winner does not need to be present.

**SUPPORT THE SFCOA**

The SFCOA is an all-volunteer, non-profit organization that provides financial support to the Stow Council on Aging which directly benefits our senior residents. We are looking for volunteers to:

- Support our Second Chance Holiday Decoration Sale. Set Up Fri 12/1 and at event on Sat 12/2
- manage our social media presence including Facebook & Instagram accounts
- develop a capital campaign letter for seeking donations
- become a board member

To learn more, including how you can volunteer or support other fundraising events visit <https://stowfriendsofthecoa.org/>.

**THANK YOU!**

ON-LINE AUCTION. Thank you to Caring Transitions of Greater Worcester and all who participated in the SFCOA online Auction bidding. Our first on-line auction fundraiser raised over \$2,700!

GIFT SHOP AND MORE POP-UP. Our first Gift Shop and More Pop-Up fundraiser was a success! We raised over \$1,600. Thanks to everyone who shopped locally and supported our senior residents!



**GIFT SHOP**

Open Mon. – Fri. 8 am – 3:30 pm  
 Located at Pompo Community Center  
 509 Great Road

Come visit the COA Gift Shop! New Stow items: Winter hats for adults/teens/children, keychains, and zippered change purses. A large selection of donated jewelry, including boxed Avon pieces. Woman's hand-knit sweaters in a variety of colors, patterns, and sizes at affordable prices. Be sure to check out the SFCOA website for updated photos of the Gift Shop.

**DONATIONS RECEIVED**

- **In Memory of Elaine Algeo:**  
Ruth Delmonico
- **In Memory of Eileen McDonnell:**  
Arbor Glen Condominium Association
- **In Memory of Ron Haberkorn:**  
Bruce & Darlene Trefry
- **In Memory of Steve Landry:**  
Bruce & Darlene Trefry
- **In Memory of Kathy Diekroeger:**  
Janet Marshall
- **In Honor of Birthday Cake Baker Cassie Novak:**  
Mary Jean Smith
- **General:**  
Jeffery Hnatio, Stow Lions Club

**THANK YOU ALL FOR YOUR CONTINUED SUPPORT!**

**SFCOA MEETINGS**

You are invited to attend our meetings held at the Pompositticut Community Center at 10 am on the first Tuesday of every month. Meet current executive board members and share your ideas. We need your energy to support the COA! Interested but cannot attend? Please email SFCOA at [StowFriendsCOA@gmail.com](mailto:StowFriendsCOA@gmail.com)

**SFCOA EXECUTIVE MEMBERS**

Rita DiStefano-French, President  
[president@stowfriendsofthecoa.org](mailto:president@stowfriendsofthecoa.org)

Angelo Sallese, Vice President  
[vicepresident@stowfriendsofthecoa.org](mailto:vicepresident@stowfriendsofthecoa.org)

Robert Gardner, Treasurer  
[treasurer@stowfriendsofthecoa.org](mailto:treasurer@stowfriendsofthecoa.org)

Robin Ulichney, Clerk  
[clerk@stowfriendsofthecoa.org](mailto:clerk@stowfriendsofthecoa.org)



Stow Friends of the Council on Aging  
 PO Box 97 Stow MA 01775  
[stowfriendsofthecoa.org](http://stowfriendsofthecoa.org)

**SFCOA CONTACT INFO**

We are a 501 (c) (3) all volunteer public charity.  
 PO Box 97, Stow, MA 01775

Website: <https://stowfriendsofthecoa.org>

Facebook: Stow Friends of the Council on Aging

Email: [StowFriendsCOA@gmail.com](mailto:StowFriendsCOA@gmail.com)

**STOW FRIENDS OF THE COUNCIL ON AGING**

Would you like to support the Stow Council on Aging? Now is your chance.

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

☐ \$10      ☐ \$20      ☐ \$25      Other Amount: \_\_\_\_\_

☐ General      ☐ In Memory Of \_\_\_\_\_ ☐ Other

**PLEASE MAKE CHECKS PAYABLE TO: SFCOA**  
**MAIL TO: P.O. BOX 97, STOW, MA 01775**  
**THANK YOU FOR YOUR SUPPORT**